
Table Tennis Coaching Manual

Professional Table Tennis Coaches Handbook
A Critique
Things I Want to Say to My Table Tennis Players
But I Can't
The Classic Guide to the Mental Side of Peak
Performance
The Inner Game of Tennis
Mental Warfare in Tennis--Lessons from a Master
Table Tennis Player Journal - Keep Calm and Play
Ping Pong
The Ultimate Table Tennis Challenge
Live, Work, and Play Like a Champion
Table Tennis Coaching Manual
Advanced Coaching Manual
The Art & Science of Teaching Movement
A Systematic Approach to Elite Speed and
Explosive Strength Performance
100 Blank Templates for Your Winning Plays,
Drills and Training in a Single Note Book
NCAS Level 1 Coaching Course
High-Performance Training for Sports
Procedure Manual for National Coaching
Certification Program Coaches
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Journal for Table Tennis Players, Coaches and
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Coaching Manual
International Book of Tennis Drills
Winning Ugly
Table Tennis Player Journal - You're the Ping to
My Pong
Table Tennis
The Talent Code
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**COLEMAN
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Professional
Table Tennis

Coaches
Handbook

Simon and
Schuster
The tennis
classic from
Olympic gold

medalist and
ESPN analyst
Brad Gilbert,
now featuring
a new
introduction
with tips

drawn from the strategies of Roger Federer, Novak Djokovic, Serena Williams, Andy Murray, and more, to help you outthink and outplay your toughest opponents. A former Olympic medalist and now one of ESPN's most respected analysts, Brad Gilbert shares his timeless tricks and tips, including "some real gems" (Tennis magazine) to help both recreational and professional

players improve their game. In the new introduction to this third edition, Gilbert uses his inside access to analyze current stars such as Serena Williams and Rafael Nadal, showing readers how to beat better players without playing better tennis. Written with clarity and wit, this classic combat manual for the tennis court has become the bible of tennis instruction

books for countless players worldwide. **A Critique** Triumph Books Drawing on the latest scientific research, this handbook introduces the essentials of sport-specific strength and conditioning programme design for over 30 different sports. Enhanced by extensive illustrations and contributions from more than 70 world-leading experts, its chapters

present evidence-based best practice for sports including football, rugby, tennis, hockey, basketball, rowing, boxing, golf, swimming, cycling and weightlifting, as well as a variety of wheelchair sports. Every chapter introduces the fundamental requirements of a particular sport – such as the physiological and biomechanical demands on the athlete – and describes

a sport-specific fitness testing battery and exercise programme. Additional chapters cover the adaptation of programme design for special populations, including female athletes, young athletes and athletes with a disability. Drawing on the experiences of Olympic and Paralympic coaches and trainers, it offers original insights and practical advice from practitioners

working at the highest level. Innovative, comprehensive and truly international in scope, the Routledge Handbook of Strength and Conditioning is vital reading for all strength and conditioning students and an invaluable reference for strength and conditioning coaches and trainers.

**Things I
Want to Say
to My Table
Tennis
Players But I
Can't**

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Independent
Pub
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| <p>Table Tennis Coaches Only for \$6.99! Perfect Journal, Diary, Notebook - Amazing design and high-quality paper with Matte Cover - Perfect size 6"x9" - Black & white interior with white paper 110 Blank lined Ruled page - Ruled Note Book Journal - No Spiral - Perfect Journal, Diary, Notebook It's a Great gift for any Table Tennis Coach. <u>The Classic Guide to the Mental Side of Peak Performance</u></p> | <p>Penguin Long-time professional table tennis coach and USA Table Tennis Hall of Famer Larry Hodges shows how you can become a professional table tennis coach. This is not a manual on how to coach; it's a manual on how to make a living as a coach - how to maximize income, getting a facility and equipment, recruiting and retaining students, teaching classes, how to set up and</p> | <p>run a junior program, private coaching, a drills library, sample flyers to promote your coaching, and more. <i>The Inner Game of Tennis</i> Human Kinetics What is Triphasic Training? It is the pinnacle of sports performance training. Created by world renown coach, Cal Dietz, Triphasic Training breaks down dynamic, athletic movements into their three</p> |
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components (eccentric, isometric, and concentric), and maximizes performance gains by applying stress to the athlete in a way that allows for the continuous development of strength, speed, and power. Who uses Triphasic Training: Everyone! From elite level athletes to absolute beginners, the triphasic method of training allows for maximal performance gains in minimal time.

For that reason professional athletes from all backgrounds seek out Coach Dietz each off-season to train with his triphasic system. Coach Dietz has worked with hundreds of athletes from the NFL, NHL, and MLB, as well as several dozen Olympic athletes in track and field, swimming, and hockey. What the book is about: Triphasic Training was originally a digital book

with over 3,000 hyperlinks and 6 hours of video lectures, showing the reader exactly how to perform every exercise and apply the training methods. To ensure that you do not miss out on this valuable component, inside your book you will find a web link to a downloadable PDF that contains all of the hyperlinks and videos from the original digital book. The PDF is laid out to allow you to

easily follow along as you read the book. Simply scroll in the PDF to the page that you are reading in the book and it will have every hyperlink and video that is on that page. The book contains over 350 pages, divided clearly into 2 parts: the “why” and the “what”. The first three sections go through the physiological basis for the Triphasic method, undulated block periodization, and general

biological applications of stress. The authors will explain how to incorporate the Triphasic methods into existing programs, with complete descriptions on adapting it to virtually any scenario. Sections 4 through 7 are devoted entirely to programming, with over 3,000 exercises and 52 weeks of programs for numerous different sports. Included in the programming section are:

Over 3,000 exercises, each hyperlinked to a video tutorial that shows you exactly how to perform the exercise. 5 separate 24-week training programs built for either 6 day, 5 day, 4 day, 3 day, or 2 day models. Over 6 hours of video lectures by Coach Dietz further explaining the Triphasic Training method. These lectures go even deeper into the physiology and application of

what he does with his elite athletes. Over two dozen tables showing exactly when and how to modify exercises to ensure continuous improvement in your athletes. Peaking programs for football lineman or skill players, baseball, swimming, volleyball, and hockey players (among others). A complete 52 week training program for football.

Mental

Warfare in Tennis-- Lessons from a Master By Dietz Sports Enterprise This work combines the knowledge and experience of master instructor Richard McAfee with essential table tennis techniques and strategies for today's player. *Table Tennis Player Journal - Keep Calm and Play Ping Pong* Human Kinetics Publishers Introduces the basic skills and strategy

of table tennis, and demonstrates grip, spin, stance, serves, footwork, loops, flips, chops, and lobs *The Ultimate Table Tennis Challenge* Table Tennis Coaching Manual V1.0 Try to recall the best coach you've ever had. Consider what differentiated them from other coaches; what made them so effective? Was it their knowledge and programming, or did it come

down to the way they communicate with you and the way they made you feel? While the former are critical, it is a coach's words that set them apart from the rest. The Language of Coaching focuses on the impact that communication has on an individual's ability to learn and perform a movement. Written by performance coach Nick Winkelman, the book examines how instruction, feedback, and cueing can

significantly affect training outcomes. Grounded in motor learning and the science of attentional focus, Winkelman takes you on a journey, guiding you through practical coaching frameworks that will help you adapt your language to the learning needs of those you support. Packed with stunning visuals, the book provides over 25 movement sequences that outline different types

of coaching cues, including a visual depiction of unique analogies, such as a sprinter taking off like a jet or an athlete loading into a jump like a spring. The book is filled with a comprehensive collection of cueing frameworks that guide you through the process of creating your own cues for any movement you want to teach. You will also learn how to engage in more

productive conversation with your athletes through sample dialogue that uses the book's cueing philosophy. Whether you are new to coaching or a seasoned veteran, *The Language of Coaching* will help you grow as a communicator and learn how to coach the person with the same precision as you do the program. CE exam available! For certified professionals, a companion

continuing education exam can be completed after reading this book. The *Language of Coaching Online CE Exam* may be purchased separately or as part of *The Language of Coaching With CE Exam* package, which includes both the book and the exam. *Live, Work, and Play Like a Champion* Independently Published *Table Tennis Coaching Manual* V1.0aDezinr [Table Tennis Coaching Manual](#)

Human Kinetics Sam Priestley was never Mr Sporty. After failed attempts at rowing and running he had all but given up on the possibility of becoming a sportsman. That was until childhood friend, and table tennis coach, Ben Larcombe convinced him to act as the guinea pig in an experiment he had concocted - *The Expert in a Year Challenge*. Starting 1st January 2014 novice Sam

was immersed in the world of competitive table tennis. He began training every day and over the course of the year notched up hundreds of hours of practice in an attempt to reach a seemingly impossible goal. There was blood, sweat, tears, injuries, frustrations and moments of elation as the pair travelled up and down the UK, and beyond, in their quest for training, mentors and

competition. Sam found potential he never thought he had, got better at table tennis than most people thought possible, and discovered what it feels like when 1.5 million people watch you fail. Here is their story, including all the ridiculous training methods and unreachable goals, and the surprising lessons they learnt from playing table tennis every day for a year. *Advanced Coaching Manual*

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Is Table Tennis Your Passion? Then grab this Blank Line Journal! This Table Tennis Journal or Sports Notebook will help you to Record, Reflect and Evaluate your Game Plans, Coaching Tips, Strategies, Key Improvement Areas, Practice Notes, Reviews, Goal Setting and Growth Curves? Go Grab this Journal Now to record them all, re-boost your Positive

Mindset and Start your Journey to Success! Book Specifics: This Awesome Table Tennis Journal and Sports Notebook is: 110-pages Blank Lined Writing Journal for Table Tennis Lovers. 6 inches x 9 inches Glossy Cover *** It Makes an Excellent Gift for Men, Women, Students, Coaches and Kids who are Interested in Table Tennis.*** About this Table Tennis Journal: This practice journal helps you in organizing yourself to take notes before and after the matches and practice sessions. It is handy and fits into your it easily. You can even review your game and also list - Things to remember before you future sessions. No more testing your memory. This journal provides them all right there. It makes it helpful in focusing on one's strengths and eliminating the weaknesses. You can track every match and gather valuable insights from your performances. Since this is a blank lined journal, With this notebook/ log book / Journal you can also: Note down the most inspiring Table Tennis quotes Personalize it with stickers and tapes Organize your game plan Plan and Reflect on Matches for Rapid Improvement Use it as an organizer,

goal tracker or habit tracker
 Include hours of mindfulness and meditation notes List of goals and things to be done
 Interesting Table Tennis tips to improve your game List of Table Tennis books to read List of success and accomplishments It is a great gift if you are looking out for cool and handy journal. This blank lined journal is a memorable gift for the ones who love the game. It helps you in being inspired and motivated all the time. The impressive cover will always remind you to keep your focus and love for the game. You can use this Table Tennis Journal and Sports Notebook as a Table Tennis Player Gift, Table Tennis Coach Journal, Table Tennis Book for Boys and Girls, Table Tennis Practice Notebook for Coaching Tips and Goal Setting, Functional Table Tennis match journal, Table Tennis match sheet for players, Pre and Post match game plans and evaluations, Table Tennis practice journal, Table Tennis journals for kids, Performance Evaluation Sports journal, Table Tennis Gifts for Birthdays. Advantages of Writing Journals: Studies have shown that writing journals can boost your creativity and enhance your memory and do your intelligence a

world of good. It lets your creative juices flowing and you can brainstorm innumerable ideas in no time not only improve your discipline but can also improve your productivity. Many successful players journal daily. Next time you fall short of this journal will help you reminding them at the tip of your fingers. You can use this journal as: Gratitude journal Collection journal Bucket

list journal Quote book journal Scrapbook and memory journal Logbook diary and many more Other Uses of Writing Journals: Other uses of this cute notebook come journal can be simply writing down positive thoughts and affirmations, or your listing down in the night before going to bed, the things to be done the next day. You can then read out these instructions after getting

up and your day is all set to goal driven mode. Hit the BUY NOW Button and start your Magical Journey today! All the Best! *** Please Check out other Journals by clicking the Author **The Art & Science of Teaching Movement** Independently Published Is Table Tennis Your Passion? Then grab this Blank Line Journal! This Table Tennis Journal or Sports Notebook will help you to

Record, Reflect and Evaluate your Game Plans, Coaching Tips, Strategies, Key Improvement Areas, Practice Notes, Reviews, Goal Setting and Growth Curves? Go Grab this Journal Now to record them all, re-boost your Positive Mindset and Start your Journey to Success! Book Specifics: This Awesome Table Tennis Journal and Sports Notebook is: 110-pages Blank Lined

Writing Journal for Table Tennis Lovers. 6 inches x 9 inches Glossy Cover *** It Makes an Excellent Gift for Men, Women, Students, Coaches and Kids who are Interested in Table Tennis.*** About this Table Tennis Journal: This practice journal helps you in organizing yourself to take notes before and after the matches and practice sessions. It is handy and fits into your it

easily. You can even review your game and also list - Things to remember before your future sessions. No more testing your memory. This journal provides them all right there. It makes it helpful in focusing on one's strengths and eliminating the weaknesses. You can track every match and gather valuable insights from your performances. Since this is a blank lines journal, With

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goal tracker or
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Include hours
of mindfulness
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other Journals by clicking the Author [A Systematic Approach to Elite Speed and Explosive Strength Performance](#) Human Kinetics Shows you the table tennis tactics. This book offers a collection of various aspects of table tennis tactics for young players. It helps you to read your opponent's game and to decide how to play against forehand or backhand-dominant players. It also features tips

on how playing tempo can be used as a tactical element.

100 Blank Templates for Your Winning Plays, Drills and Training in a Single Note Book

Random House What is the secret of talent? How do we unlock it? This groundbreaking work provides readers with tools they can use to maximize potential in themselves and others. Whether you're

coaching soccer or teaching a child to play the piano, writing a novel or trying to improve your golf swing, this revolutionary book shows you how to grow talent by tapping into a newly discovered brain mechanism. Drawing on cutting-edge neurology and firsthand research gathered on journeys to nine of the world's talent hotbeds—from the baseball fields of the Caribbean to a

classical-music academy in upstate New York—Coyle identifies the three key elements that will allow you to develop your gifts and optimize your performance in sports, art, music, math, or just about anything. • Deep Practice Everyone knows that practice is a key to success. What everyone doesn't know is that specific kinds of practice can increase skill up to ten times faster than

conventional practice. • Ignition We all need a little motivation to get started. But what separates truly high achievers from the rest of the pack? A higher level of commitment—call it passion—born out of our deepest unconscious desires and triggered by certain primal cues. Understanding how these signals work can help you ignite passion and catalyze skill development. • Master

Coaching What are the secrets of the world's most effective teachers, trainers, and coaches? Discover the four virtues that enable these "talent whisperers" to fuel passion, inspire deep practice, and bring out the best in their students. These three elements work together within your brain to form myelin, a microscopic neural substance that adds vast amounts of speed and accuracy to

your movements and thoughts. Scientists have discovered that myelin might just be the holy grail: the foundation of all forms of greatness, from Michelangelo's to Michael Jordan's. The good news about myelin is that it isn't fixed at birth; to the contrary, it grows, and like anything that grows, it can be cultivated and nourished. Combining revelatory analysis with illuminating

examples of regular people who have achieved greatness, this book will not only change the way you think about talent, but equip you to reach your own highest potential. *NCAS Level 1 Coaching Course* Bantam Is Table Tennis Your Passion? Then grab this Blank Line Journal! This Table Tennis Journal or Sports Notebook will help you to Record, Reflect and Evaluate your

Game Plans, Coaching Tips, Strategies, Key Improvement Areas, Practice Notes, Reviews, Goal Setting and Growth Curves? Go Grab this Journal Now to record them all, re-boost your Positive Mindset and Start your Journey to Success! Book Specifics: This Awesome Table Tennis Journal and Sports Notebook is: 110-pages Blank Lined Writing Journal for Table Tennis Lovers.

6 inches x 9 inches Glossy Cover *** It Makes an Excellent Gift for Men, Women, Students, Coaches and Kids who are Interested in Table Tennis.***

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Table Tennis books to read List of success and accomplishments It is a great gift if you are looking out for cool and handy journal. This blank lined journal is a memorable gift for the ones who love the game. It helps you in being inspired and motivated all the time. The impressive cover will always remind you to keep your focus and love for the game. You can use this Table Tennis Journal and Sports

Notebook as a Table Tennis Player Gift, Table Tennis Coach Journal, Table Tennis Book for Boys and Girls, Table Tennis Practice Notebook for Coaching Tips and Goal Setting, Functional Table Tennis match journal, Table Tennis match sheet for players, Pre and Post match game plans and evaluations, Table Tennis practice journal, Table Tennis journals for kids, Performance Evaluation

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successful players journal daily. Next time you fall short of this journal will help you reminding them at the tip of your fingers .You can use this journal as: Gratitude journal Collection journal Bucket list journal Quote book journal Scrapbook and memory journal Logbook diary and many more Other Uses of Writing Journals: Other uses of this cute notebook

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High-Performance Training for Sports Routledge High-Performance Training for Sports changes the landscape of athletic conditioning and sports performance. This groundbreaking work presents the latest and most effective philosophies, protocols and programmes for developing today's athletes. High-Performance Training for Sports features contributions

from global leaders in athletic performance training, coaching and rehabilitation. Experts share the cutting-edge knowledge and techniques they've used with Olympians as well as top athletes and teams from the NBA, NFL, MLB, English Premier League, Tour de France and International Rugby. Combining the latest science and research with proven training protocols,

High-Performance Training for Sports will guide you in these areas: • Optimise the effectiveness of cross-training. • Translate strength into speed. • Increase aerobic capacity and generate anaerobic power. • Maintain peak conditioning throughout the season. • Minimise the interference effect. • Design energy-specific performance programmes. Whether you

are working with high-performance athletes of all ages or with those recovering from injury, High-Performance Training for Sports is the definitive guide for developing all aspects of athletic performance. It is a must-own guide for any serious strength and conditioning coach, trainer, rehabilitator or athlete.

Procedure Manual for National Coaching Certification Program

Coaches

Human Kinetics " USA Table Tennis Hall of Famer and national coach Larry Hodges takes you on a journey not just of speed and spin, but of mind. You'll develop the habit of tactical thinking, learn what tactics to use against various styles and how to strategically develop your game so you'll have the tactical tools needed to win"--P. [4] of cover.
Great Gift for an Amazing Table Tennis

Coach and Table Tennis Coaching Equipment Table Tennis Journal Human Kinetics Women in many Westernized countries encounter a wider variety of career opportunities than afforded in previous decades, and the percentage of women leaders in nearly every sector is on the rise. Sport coaching, however, remains a domain where gender equity has declined or stalled,

despite increasing female sport participation. The percentage of women who coach women are in the minority in most sports, and there is a near absence of women coaching men. This important new book examines why. Drawing on original multi-disciplinary research from across the globe, including first-hand accounts from practicing coaches, the book illuminates

and examines the status of women in coaching, explores the complex issues they face in pursuing their careers, and suggests solutions for eliminating the barriers that impede women in coaching. Developing an innovative model of intersectionality and power constructs through which to guide research, the book covers issues including sexual identity, race, motherhood,

cross-gender coaching and media coverage to give voice to women coaches from around the world. As such, *Women in Sports Coaching* is essential reading for serious students and scholars of sports coaching, sport sociology or anyone with an interest in gender and sport. [Expert Table Tennis Serves](#) Routledge This is a very good book about table tennis

technique. There are chapters on grip, stance, movement, basic strokes, advanced strokes, service, returning serves and more. It also includes training drill ideas and photo sequences so you can see strokes from start for better practice sessions. *Journal for Table Tennis Players, Coaches and Table Tennis Lovers.* Independently Published Master your game from

the inside out! With more than 800,000 copies sold since it was first published thirty years ago, this phenomenally successful guide has become a touchstone for hundreds of thousands of people. Not just for tennis players, or even just for athletes in general, this handbook works for anybody who wants to improve his or her performance in any activity, from playing music to getting ahead

at work. W. Timothy Gallwey, a leading innovator in sports psychology, reveals how to

- focus your mind to overcome nervousness, self-doubt, and distractions
- find the state of “relaxed concentration” that allows you to play at your best
- build skills by smart practice, then put it all together in match play

Whether you're a beginner or a pro, Gallwey's engaging

voice, clear examples, and illuminating anecdotes will give you the tools you need to succeed. “Introduced to The Inner Game of Tennis as a graduate student years ago, I recognized the obvious benefits of [W. Timothy] Gallwey's teachings. . . . Whether we are preparing for an inter-squad scrimmage or the National Championship Game, these principles lie at the foundation of our

program.”—from the Pete Carroll
Foreword by

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